



REVIEWS

BOOKS

Reviewed by Ruth Parnell

SURGERY AND ITS ALTERNATIVES by Sandra A. McLanahan, MD and David J. McLanahan, MD

Twin Stream Books, USA, 2003
ISBN 0-7582-0201-6 (814pp hc)
Availability: Kensington Books, website
<http://www.kensingtonbooks.com>

In the medicalised Western world, surgery is often the first resort to solve health problems, when the alternative therapy approach, which has merits in many circumstances, is barely given a second thought. In their comprehensive volume, *Surgery and its Alternatives*, brother-and-sister team Sandra McLanahan, MD (a family physician practising complementary and integrative medicine), and David McLanahan, MD (a surgeon with over 30 years in general surgery and teaching), give good reason for not automatically deciding on "the knife" but, instead, exploring options.

Fundamental to the philosophy behind their book is that we healthcare consumers need to know how to make the right choices for our health. Therefore, we need to consider our vast range of options when treating specific diseases, and these may involve dietary and lifestyle changes in conjunction with alternative therapies such as yoga and meditation. However, if surgery is indeed the preferred option, there's a wealth of advice in these pages on how to make an informed decision, including questioning your doctor/specialist, getting second and third opinions and calculating the risks. There are tips on how to prepare for the pre- to post-operative phases, and how to adjust

to a new post-surgery lifestyle. A great deal of the authors' advice for the preparation and recovery phases does involve alternative approaches such as using comfrey compresses to help heal incisions and adopting deep-relaxation and visualisation techniques.

The McLanahans devote many chapters to specific parts of the body, including breast, lung, heart and stomach as well as reproductive organs, and provide a balance between alternative and conventional approaches for dealing with health problems. Their suggestions make this book a must for health professionals and their patients as well as anyone who wants to exert some form of personal control over complex health issues.

MAYA: The World as Virtual Reality by Richard L. Thompson

Govardhan Hill Publishing, USA, 2003
ISBN 0-9635309-0-9 (292pp tpb)
Availability: Govardhan Hill, website
<http://www.simulatedworlds.com>;
Adventures Unlimited, website
<http://www.adventuresunlimitedpress.com>

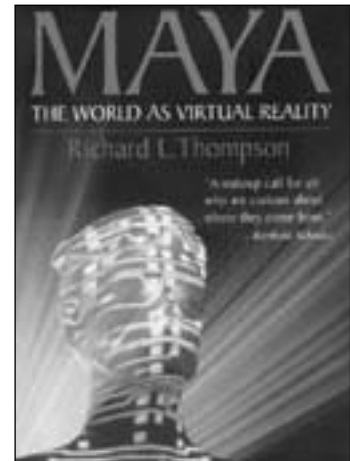
No, this is not a book about the Central American civilisation, but about the world of *maya*, illusion—the virtual world. In *Maya*, Richard L. Thompson, mathematician and author of seven books covering diverse subjects such as archaeology, ancient astronomy, cosmology, quantum physics and spirituality, considers virtual reality (VR) as a metaphor for our consciousness and our place in the Universe.

Thompson asks us to view consciousness not as a product of matter—which is the mechanistic world view—but as a separate element beyond the physical. Using the scenario of someone entering a computer-simulated VR world through a sensory interface,

he wonders whether we are actually living in a virtual reality that is part of a vastly larger virtual Universe. He goes on to explore the hypothesis that "the world is an illusory construct of a Ground Reality that includes our consciousness".

His first few chapters cover computers and VR, the laws of physics, quantum mechanics, relativity and time, while his "many worlds" discussion leads into chapters on how consciousness may affect natural phenomena. These describe thought and remote viewing experiments, visions and hallucinations, OBEs and NDEs, as well as anomalous energetic and healing phenomena.

Thompson's hypothesis reaches the same nexus as ancient Hindu and Buddhist traditions, in which consciousness is a paradox: as "the One", it is the source and sustenance of everything; and as "the Many", it is the awareness manifest in individual beings. This mind-expanding journey takes us from *Matrix* territory to *maya* and beyond.



REVIEWS



WHAT REALLY CAUSES AIDS

by **Harold D. Foster**

Trafford Publishing, Canada, 2002

ISBN 1-55369-132-6 (195pp tpb)

Availability: Trafford Publishing, website
<http://www.trafford.com>

Harold D. Foster, PhD, is a tenured professor who has worked out of the Geography Department at the University of Victoria, BC, Canada, since 1967. He has authored or edited some 190 publications, mostly focusing on reducing disaster losses or identifying the causes of chronic disease or longevity, and has published hypotheses on the origins of numerous diseases. Here he turns his attention to HIV and AIDS, and his hypothesis is that AIDS is caused by a number of co-factors. He rejects the mainstream view that HIV in its various forms is the sole cause of AIDS, but he also refutes mavericks such as Dr Duesberg who maintain that HIV does *not* cause AIDS.

One observation Foster has made (no doubt helped by his geography background) is that the AIDS explosion in Africa is occurring in countries and regions with soils deficient in selenium. Senegal, with high levels of selenium in the soil and food chain, has the lowest AIDS rate in Africa. Foster has determined through his research that diets high in selenium offer immunoprotective benefits. Indeed, HIV and AIDS patients have severely depressed immune systems and levels of serum selenium that are low and decline further as the disease progresses. Foster sees the AIDS pandemic as "only one of several ongoing catastrophes involving viruses that encode the selenoenzyme glutathione peroxidase". As these viruses replicate, they steal selenium from their host because their genetic codes have a

gene that is almost identical to the human enzyme. But there's more. As HIV-1, for instance, replicates, it also depletes the host of the other three components of this enzyme: cysteine, glutamine and tryptophan. Thus, Foster regards AIDS as a nutritional deficiency illness caused by a virus—an illness that can be treated or prevented by intake of these three components as well as selenium. Such supplementation already has a good track record in treatment protocols.

Foster's hypothesis resolves many of the anomalies in conventional HIV=AIDS "wisdom". His book is well-referenced and contains a series of tables listing all the foods high in these four nutrients and which also help protect against other diseases such as cancer. An important interpretation.

HEALING SOUNDS: The Power of Harmonics

by **Jonathan Goldman**

Healing Arts Press, USA, 2002 (2ed)

ISBN 0-89281-993-6 (176pp tpb)

Availability: Destiny Books,

<http://www.InnerTraditions.com>;

<http://www.healingsounds.com>; NEXUS

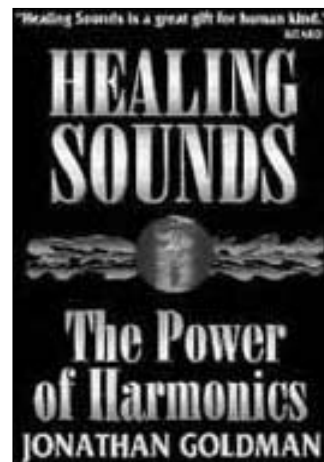
NZ Office, tel (09) 405 1963

Much has happened in the field of sound science and healing since this book was published a decade ago. In the preface to this second edition of *Healing Sounds*, author Jonathan Goldman, who is highly regarded internationally as a master teacher in sound therapies and has produced numerous visionary albums, reflects on how the awareness of sound and music as healing modalities has continued to expand over the years. But so, too, has the science to back it up, and Goldman believes it's imperative to combine scientific *and* spiritual approaches

for true discovery and exploration of the ability of sound to heal and transform.

A landmark text in this field, *Healing Sounds* gives a glimpse into the incredible potential of vocal harmonics and toning as a tool for self-health and transformation and also as a means for groups to effect positive change through chanting and meditation. To help us understand the context of these sound harmonics, Goldman covers the esoteric history of sound and harmonics, with the influence of the Pythagorean mystery school, the Jewish Kabbala and other diverse traditions employing shamanic, tantric or occult practices. The Hoomi singing of Mongolia and Tuva and the harmonic vocalisations of the Gyuto and Gyume monks of Tibet are examples of ancient traditions whose sacred chanting styles have influenced modern Western approaches to sacred harmonics.

If you haven't read this book and are interested in sound healing, then look no further.





REVIEWS

FIRESTORM: Dr James E. McDonald's Fight for UFO Science by Ann Druffel

Granite Publishing, USA, 2003
ISBN 0-926524-58-5 (640pp tpb)
Availability: Wild Flower Press/Granite Publishing, <http://www.5thworld.com>

Dr James McDonald was a brilliant US atmospheric scientist and a dedicated humanist who devoted much of his natural curiosity to the UFO phenomenon from the late 1950s until his tragic death, supposedly by suicide, in 1971. *Firestorm* is a biography of his life and work, with the focus mainly on his research into UFOs and his attempts to have the subject taken seriously by fellow scientists and the government. It's written by veteran UFO investigator Ann Druffel, who became acquainted with Dr McDonald during her time with NICAP, the National Investigations Committee on Aerial Phenomena. French UFO researcher Dr Jacques Vallée, who knew McDonald, has written a fitting foreword.

Druffel had access to Dr McDonald's private archives, including a little-known four-volume diary, as well as to family, friends, associates and detractors. She has produced a fascinating account of this driven man within the context of his times and some ufological milestones of the 1950s–60s. Dr McDonald only went public on UFO issues in 1966, after eight years of private study during which time he was subject to CIA and other agency surveillance. Yet he was less convinced of a top-level government/military/intelligence conspiracy, preferring to think there were only minor, isolated cover-ups and lots of foul-ups.

He sparred for years with military insiders like J. Allen Hynek of the USAF (who went

on to establish a UFO research centre), arch sceptic and *Aviation Week* writer Philip J. Klass, and many scientists and academics. (He also had an interesting visit to Australia and New Zealand in 1967.) Following years of official debunking, the 1969 release of the Condon Report—which concluded that nothing of value would come from UFO research—was a thorn in Dr McDonald's side and no doubt contributed to his subsequent depression and demise.

There's plenty of intrigue, deception and truth-seeking in Druffel's well-documented, perceptive account of a man prepared to go out on a limb for his scientific curiosity. An important addition to ufological literature.

THE MASTERS OF THE MYSTICAL ROSE: A History of the Grail Family by Maree Moore

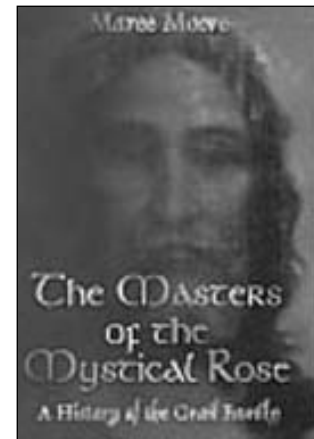
Triad Publishers, Australia, 1999
ISBN 0-958670-75-7 (731pp tpb)
Availability: Joshua Books, Australia, tel +61 7 5444 1971, website <http://www.joshuabooks.com>

The Western occult tradition is full of references to the influences of ancient masters, particularly the so-called Great White Brotherhood. It was Madame Blavatsky who, from the 1880s, first drew attention to these "ascended masters" in her theosophical works. According to this treatise by Western Australian author Maree Moore, the masters have a long pedigree indeed.

Cropping up with regularity through occult history are St Germain, whose many key incarnations commence in the author's chronology with Noah; the master El Morya, who gets the guernsey as Abraham; and Kuthumi, who is credited as having been the Pharaoh Tutmoses III, great-grandfather of

Akhnaton (also El Morya). The master St Germain is regarded in some "mystical rose" circles as having been the incarnation of Roger Bacon, Christopher Columbus and Sir Francis Bacon; El Morya of Thomas Becket and Sir Thomas More; Kuthumi of Lao Tzu, da Vinci, magician Sir John Dee and botanist Sir Joseph Banks (there's an interesting chapter on the discovery of Australia here). All hard to believe?

Well, steep yourself in *The Masters of the Mystical Rose* and you may begin to think otherwise. The author is a member of the Francis Bacon Research Trust, which is dedicated to preserving Baconian-Rosicrucian philosophies and ancient wisdom teachings, especially those enshrined within the Shakespearian plays (reputedly the legacy of Francis Bacon, alias St Germain) and the Grail Family traditions. These vast esoteric perspectives, involving greater and lesser masters who have made their mark on our world, reveal new insights to make sense of the scattered jigsaw puzzle of history.



REVIEWS



THE H.I.S.S. OF THE A.S.P.: Understanding the Anomalously Sensitive Person

by David Ritchey

Headline Books, Inc., USA, 2003

ISBN 0-929915291 (390pp tpb)

Availability: Websites <http://www.headlinebooks.com>, <http://hissofasp.com>

Independent psychological researcher David Ritchey has noted from 10 years of scientific investigation and 15 years' experience as a clinical hypnotherapist that a significant minority of people can be described as "anomalously sensitive persons" (ASPs). A high proportion of these people are women, and most of them are sensitive on several levels and are often highly gifted and creative individuals.

According to Ritchey's studies, outlined in *The H.I.S.S. of the A.S.P.*, it's not uncommon for someone to be sensitive to physical stimuli, be electrosensitive and have immune system disorders, as well as have tendencies towards extrasensory perception (ESP) and communication with spirit worlds.

The areas of sensitivity Ritchey delineates touch on physiological, cognitive, emotional and transpersonal states. He sees the "ASPness" trait as a function of the structure and chemistry of the brain, and that it has significant psychological, medical, educational and social implications. Many of these sensitivities Ritchey believes can be measured, and he has developed a detailed questionnaire—what he calls the "H.I.S.S.", the "Holistic Inventory of Stimulus Sensitivities"—which shows that anomalous sensitivity to stimuli in one realm is very likely accompanied by anomalous sensitivity to stimuli in all other realms. Ritchey suggests a model that draws on knowledge from

neuroscience, quantum physics and holography, and which helps bridge the gap between scientific and spiritual worldviews. This challenging book should appeal to the shaman within every psychologist.

SECRET SOCIETIES OF AMERICA'S ELITE: From the Knights Templar to Skull and Bones

by Steven Sora

Destiny Books, USA, 2003

ISBN 0-89281-959-6 (324pp tpb)

Availability: Destiny Books, website

<http://www.InnerTraditions.com>;

Adventures Unlimited, <http://www.adventuresunlimitedpress.com>;

NEXUS NZ Office, tel (09) 405 1963

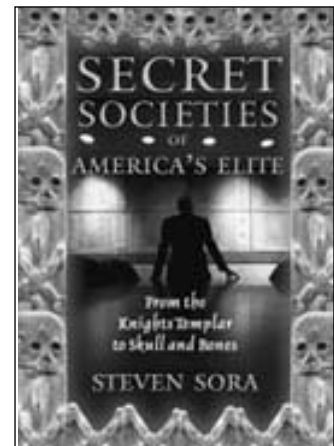
The banning and break-up of the Knights Templars in 1307 changed the course of the history of Western civilisation, forcing the order to regroup underground. This was directly responsible for the dramatic rise in piracy, as many of its members took to the sea to escape a "predestined life" back home. Others fled to Scotland and many to the Swiss Alps, where they created a neutral stronghold with its own guard and eventually its secretive banking services. They resurfaced in North America, even before the time of Columbus, and their legacy was perpetuated by the Masons, "remnant Templars", writes Steven Sora in *Secret Societies of America's Elite*.

In fact, individuals with links to Masonry have had an enormous influence on the progress of America since its inception as a colony with essential ties to lands beyond the ocean. Sora (author of *The Lost Treasure of the Knights Templar*, reviewed in 6/04) paints a picture of the rise of elite

families and their links to their British or European homelands. Their fortunes were often founded on the spoils of smuggling, piracy and privateering, and they were protected up to the highest level by fellow Masons who in turn made profits from their entrepreneurship. Later, they would profit from the opium trade with India and China.

Fraternity—particularly the secret variety—was more important than liberty or equality, and this mindset also allowed the slave trade to flourish. It led to the creation of secret groups such as the Ku Klux Klan and the Yale Order of Skull and Bones, which hand-picks 15 new "Who's Who" recruits each year and whose "chaotic" influence from elite levels has resounded through the generations. Both George W. Bush and his father are members.

Sora profiles only a few of the famous American names and can only cover so much of their antics today, but his investigation makes for a ripping yarn that gives a context to modern-day piracy.





REVIEWS

AMERICA'S SECRET ESTABLISHMENT: An Introduction to the Order of Skull & Bones

by **Antony C. Sutton**

Trine Day, USA, updated reprint 2002

ISBN 0-9720207-0-5 (317pp hc)

Availability: Trine Day, <http://www.trine-day.com>; Adventures Unlimited, website

<http://www.adventuresunlimitedpress.com>

More detail on the Yale University Order of the Skull and Bones and its role in two centuries of US history can be read in Antony Sutton's classic book, *America's Secret Establishment*—first published in the early 1980s as a four-part series and a few years later as an enlarged volume. This 2002 edition is an updated reprint with a new foreword by Sutton—written, as it turned out, not long before his death.

The Hegelian philosophy of "divide and conquer" is as alive today among "Bonesmen" as it was over 170 years ago when the secret society was formed. One of its expressions, Sutton laments, is in the "dumbing down of America" via the education system—a 19th-century Prussian import at odds with classical liberalism and which fosters the state above the individual.

The society has produced titans of industry, judges, defence ministers, media magnates, intelligence agency heads and three Presidents—two of them Bushes. In fact, Bonesmen from the Bush and Prescott families became a major force in drug smuggling and supplying from the 1860s. Their descendants' "War on Drugs" laws smack of hypocrisy—as Sutton points out has become evident since his first edition came out.

Central to the Bonesmen's philosophy is that progress is achieved through the clash of opposites, through "contrived conflict".

Thus, the ends justify the means, and if that also means preventing the masses from having access to non-polluting, "free energy" sources while protecting the oil industry, or insisting they eat unproven genetically engineered food while supporting the "life sciences" industry, then so be it. To counteract the powerful negative forces of the Bonesmen and their cronies, Sutton says we need to overcome their entrenched, inequitable systems and implement creative education solutions with a lot less propaganda attached. By way of background, he includes rare Skull and Bones-related documents plus lists of members (1833 to 1985) and their links in business and politics.

On a parting note, Sutton prophesies that time will erode the power of this secretive group, as "Nothing this outrageous can survive forever". Let's hope he's right.

PYRAMID OF SECRETS

by **Alan Alford**

Eridu Books, UK, 2003

ISBN 0-9527994-2-1 (440pp tpb)

Availability: Eridu books, website

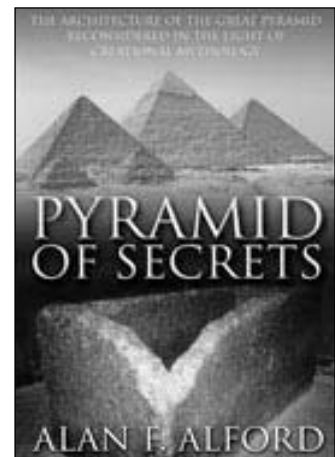
<http://www.eridu.co.uk>

In his fifth book, Alan Alford rejects the idea that the Great Pyramid of Giza was "a tomb and nothing but a tomb". Instead, he speculates that the Pyramid was a symbol of the creation of the Universe, and that the Pharaoh Khufu may still lie buried beneath it, probably within the subterranean Grotto. Such a placement would be consistent with the Egyptian cosmological axiom, "the Body to Earth, the Spirit to Sky".

In *Pyramid of Secrets*, Alford doesn't investigate who built the Great Pyramid or how it was built, but *why* it was built the way it was, particularly with its phenomenal

size, its exceptional precision and its array of secret passages. Certainly other authors have alluded to the King's Chamber as having cosmic acoustic properties, but Alford believes there was no Pharaoh's body entombed in the granite sarcophagus; rather, a chunk of iron meteorite was in place. This ancient Egyptian religion was a cult of creation, and the meteorite represented a connection between the seed of the Pharaoh and the spirit world, the cosmic source. The acoustics of the King's Chamber would resonate down to the Pharaoh's burial site—which was on the highest substratum of the Giza Plateau—and back out to the cosmos.

Based on his analysis, Alford concludes there are yet more secrets awaiting discovery in subterranean realms as well as within the Pyramid proper. The plugged shafts of the Queens Chamber may well be time capsules containing age-old information about our creation and history. Time will be the judge of how accurate he is.



REVIEWS



THE AGE OF CONSENT: A Manifesto for a New World Order

by **George Monbiot**

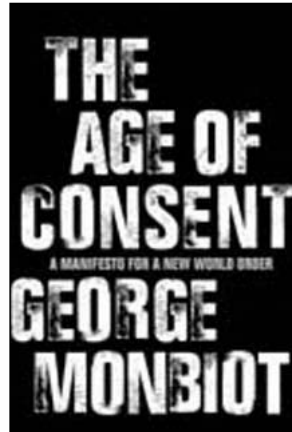
Flamingo/HarperCollins, UK, 2003

ISBN 0-00-717124-2 (274pp tpb)

Availability: Flamingo, website

<http://www.fireandwater.com>

I admit I was a little taken aback by the title of George Monbiot's courageous new book, and confused by the subtitle when *the New World Order* manifesto is already progressing apace in the hands of the Bush cabal. But what Monbiot—the UK academic, *Guardian* columnist, author (*Captive State*, see 8/03) and key figure of the "global justice movement"—has in mind by *his* New World Order is a global democracy in which each person has one vote.



Monbiot's new utopian vision encompasses an Age of Consent of/by/for the people to counteract the Age of Coercion in which we find ourselves now. His remedy for accommodating the will of the people includes changing or removing inequitable and environmentally destructive institutions like the IMF and World Bank, introducing a Keynesian "credit clearing" system, implementing a global Fair Trade system, and reforming the UN General Assembly and Security Council so that nation-states give way to true globalisation—not internationalism. The people, individuals all around the planet, need to have their say on a global level—after all, corporations are certainly having theirs, and many issues affecting us, such as climate change, are global in scope.

This sounds all well and good, but asking the rich and mighty to cede some of their wealth and power to the masses seems overly optimistic. It's hard to believe that, at the extreme, a secret cabal which funds black projects with black money could even contemplate giving up any power for some democratic world parliament. These forces have to be factored in; and while Monbiot has fingered many of the baddies, there are even worse baddies behind them! Monbiot

asks us not to reject his proposals unless we have something better to offer—although some of his critics in the movement think they do. He asserts that the answers lie with us, the people of the world.

EARTH RISING II: The Betrayal of Science, Society and the Soul

by **Dr Nick Begich & James Roderick**

Earthpulse Press, USA, 2003

ISBN 0-9527994-2-1 (222pp tpb)

Availability: Earthpulse Press, Inc., website

<http://www.earthpulse.com>;

Adventures Unlimited, website

<http://www.adventuresunlimitedpress.com>

In 1991, Alaskan environmental activist James Roderick was the first to twig to the threat from the HAARP facility then being built near Gakona, and fellow activist Dr Nick Begich joined his NO HAARP cause within two years of that. They've collaborated on various projects and Earthpulse Press books since then (including *Earth Rising I*; see 7/03), and were about to complete four years of research and writing for *Earth Rising II* when Roderick died in August 2002. So Begich finished the project and has included touching tributes to Roderick as well as his father, Nick Begich, Sr, the Democrat Congressman for Alaska who went missing, never to be seen again, when his light plane disappeared over southeastern Alaska in 1972. In the subsequent 30 years, Begich has dedicated himself to the path of truth, to making a positive difference in the world—as his collaborator and close friend James Roderick did, too.

For this volume, the authors focus on new technologies with often unseen but life-threatening if not deadly consequences. First up is the new generation of high-intensity, low-frequency underwater sonars being deployed by the US Navy—already with detrimental effects on marine life and the underwater environment. Next is cellphone EM/RF exposure and the evidence suggesting there are indeed hazards for human health which require further research, regulation and a precautionary approach.

The following chapters look at the problems of the surveillance society, with new technology being employed to track citizens, immobilise them with "non-lethal" microwave weapons and control them with such "advances" as implantable microchips. The authors have done their homework, and the technological developments they discuss are well referenced. These weapons of mass control have truly frightening implications, yet they are not subject to international conventions. The authors urge us to get active against this insidious betrayal of science, society and the soul that threatens our true freedom and potential as human beings.

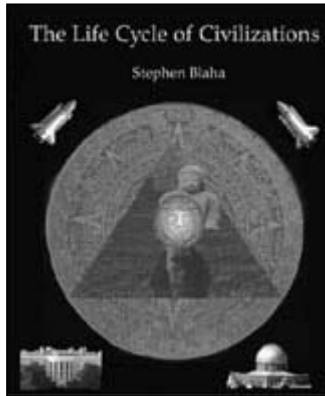


REVIEWS

THE LIFE CYCLE OF CIVILIZATIONS

by **Stephen Blaha**

Pingree-Hill Publishing, USA, 2003
ISBN 0-9720795-8-0 (270pp tpb)
Availability: Pingree-Hill Publishing, PO
Box 368, Auburn, NH 03032, USA, tel
(603) 626 1566; Barnes & Noble,
<http://www.b&n.com>



Following on where historian Arnold Toynbee left off with his theory of civilisations, US physicist, computer scientist and historian Dr Stephen Blaha has devised a mathematical model that attempts to explain the rise and fall of civilisations. While Toynbee believed mankind has survived through at least 26 civilisations since "pre-historic" times, Blaha suggests at least 41 by his model, which also factors in changes due to climate change and "barbarian" invasion. His *Life Cycle of Civilizations* is a new edition of his 2002 *The Rhythms of History*.

The timeline extends back 40,000 years when a genetic mutation occurred, as confirmed in new findings (Ding et al., 2002). This allowed for the Upper Palaeolithic explosion in human culture where a "creative minority" was able to emerge and provide leadership for the development of civilisation—though it was only after the Ice Age ended 10,000 years ago that the first true civilisations were possible due to more favourable environmental conditions.

Dr Blaha has developed equations which when calculated can be converted to graphic form to show peaks and troughs of civilisations following a four-generational, "three and a half beat" cyclic pattern, not unlike the "damped harmonic oscillator" of physics which describes the cyclic motion of pendulums and bells. It's uncanny how the model fits the historical records. Common to all civilisations is the start-up phase, which typically lasts 133.5 years before the first breakdown commences due to the interplay of internal human social dynamics, after which there are several routs and rallies over the next 800 years and then disintegration.

Dr Blaha believes that his equation and

charts can be used to make predictions about the future of civilisations—and can even plot the influence of an advanced ET culture. He sees Japan's breakdown cycle beginning around now, the West declining towards a low point around 2050, and the Muslim nations, China and India on a roll till roughly 2084. A rather sobering theory!

INTO THE BUZZSAW

edited by **Kristina Borjesson**

Prometheus Books, USA, 2002
ISBN 1-57392-972-7 (392pp hc)
Availability: Prometheus Books, website
<http://www.prometheusbooks.com>

Had investigative reporter Kristina Borjesson not been assigned to investigate the crash of TWA Flight 800 in July 1996 and later been fired by the CBS network, this book may never have been written. But she was not alone in experiencing "the buzzsaw"—concerted corporate or government efforts to kill controversial stories and put their investigators out of the picture.

For this compilation of essays, introduced by Gore Vidal, Borjesson has collaborated with 17 award-winning print/radio/TV journalists and producers who all have their own take on the parlous state of today's investigative journalism and corporate media culture where self-censorship has become rife. In explaining how the Fourth Estate has become a lapdog rather than a watchdog, these journalists weave in their personal stories with details of the crime, corruption and conspiracy they're trying to expose. There's Gerard Colby on how his book on the DuPont family was "privished" so it would sink without trace; reporter Jane Akre's run-in with Fox TV over her exposé on Monsanto and its GE bovine growth hormone; and trans-Atlantic print/TV journalist Greg Palast's dealings with the American media and their cover-up of Presidential vote-fixing in Florida. NY-based columnist Philip Weiss laments the cultural change in journalism in the 1990s that ensured that the bigger stories behind Bill Clinton's time as Arkansas Governor or the FBI's suppression of evidence from Ruby Ridge, Waco and OKC never made it to the mainstream press.

There are contributions from former AP news journalist J. Robert Port, whose team was the first to write about US massacres of South Korean civilians in the early days of the Korean War; ex-DEA agent Michael Levine, on the mainstream media as the drug war's "shills" designed to distract our attention; and former *San Jose Mercury* reporter Gary Webb's exposé on the CIA supplying crack to black LA neighbourhoods to fund a Central American regime. These revelations make this a disturbing read, but the book is so rivetting it's hard to put down.

REVIEWS



DVD

Reviewed by Duncan Roads

VIDEOS

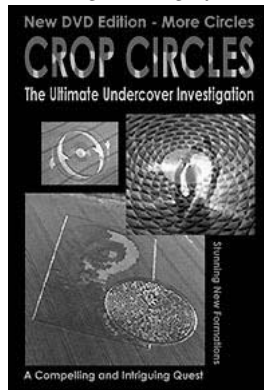
Reviewed by Duncan Roads

CROP CIRCLES: The Ultimate Undercover Investigation

© J.H. Gibsone, UK, 2003

Distributor: CropCircleConnector, website, <http://www.cropcircleconnector.com>

This is definitely one of the most informative and entertaining films made to date on this most intriguing subject. The film adopts the theme of an undercover investigation, though the viewer doesn't have a clue who is undercover or what the cover they are under is all about. That bit aside, the result is a wonderful documentary that leaves you feeling as though you are there.



There is absolutely fabulous use of aerial filming and photography of crop circles, including many from 2001 and 2002. And yes, that ET/disc formation is here, too.

I particularly liked the spontaneous interviews with the many people visiting the circles from around the globe. As well as these, there are interviews with the locals—farmers, horseriders, pilots, etc.—and some of their stories are especially intriguing.

The views and theories of all the locals combined with those of the researchers, the true believers and the sceptics make for a pretty comprehensive picture of how the phenomenon is affecting people—which would appear to be positively.

I found the film gave time for the viewer to relax and absorb the sounds and feel of the landscape as well as the formations themselves. By the time the "undercover agent" reached the famous Barge Inn, I was so "in there" that I swear I could smell the beer as the camera entered the place. Totally recommended!

If you don't have a DVD player, this is also available on video (NTSC or PAL)

PERU'S MYSTERY IN STONE

Produced by Terra Entertainment, USA, (30mins, NTSC)

Distributors: Terra Entertainment, website <http://www.shopterra.com>; Adventures Unlimited, website <http://www.adventuresunlimitedpress.com>

High atop a remote plateau in northern Peru, hundreds of elusive shapes can be seen in the living rock. Are they the result of natural erosion, or were they carved by the hand of man?

The plateau seems to be covered with figures carved in the rock, which is dioritic porphyry (a volcanic rock almost as hard as obsidian). But these figures are not fashioned like the statues we are used to seeing in our museums. Rather, they can only be seen from one point of view.

If you were to move five feet left or right, the image might no longer be recognisable. The film crew noticed that when they found an ideal viewing spot, there were often steps leading up to it and a little seat carved into the rock right where they were standing!

A short but interesting documentary.

HOLISTIC THERAPIES – DEMONSTRATIONS

Produced by E&E Productions, Australia, 2003 (35mins, PAL)

Available: **Australia**—The Darwin Holistic Health Centre, GPO Box 824, Darwin NT 0801, tel (08) 8941 1699; and E&E Productions, PO Box 444, Oaklands Park SA 5046, <http://www.eande.va.com.au>

This is a gentle half-hour introduction to many of the complementary therapies used in Australia today. As well as demonstrating them in action, the video explains via the practitioners involved the principles of how some of these complementary, or holistic, therapies work. These include the Feldenkrais Method, Reiki, Iridology, Pranic Healing, Meditational Belly Dance, Orthobionomy, Chi Kung, Acupressure Massage, Hypnotherapy, Neuro Linguistic Programming (NLP), EMF Balancing, and a type of Vibrational Kinesiology.

Judging by the lush tropical background, I would say that the video was filmed in Darwin. I certainly felt warm and comfortable while watching it. Overall, this is a good introduction to some of the lesser known holistic therapies.

Now Available!

MultiWave Oscillator

Astute **NEXUS** readers will already know of Lakhovsky's MultiWave Oscillator (MWO) and what it can do for you.

Here is your chance to own one.

The first available Australian model, complete with copper-tube antennae, and built with the assistance of former Borderland Science Foundation (USA) researchers.

Please contact us through our website at -

<http://www.i4cau.com>



REVIEWS

MUSIC

Reviewed by Richard Giles

COVER THE WORLD

by various artists

Putumayo, USA, 2003 (54mins)
Distributors: **Aust**—MRA, tel (07) 3849 6020; **UK**—Pinnacle Imports, tel 01689 870622; **USA**—Putumayo, tel 1888 7888 8629, <http://www.putumayo.com>

I confess to a weakness for '60s and '70s hits, and this release is a great tribute to artists as diverse as Lou Reed, Ray Charles, Jackie Wilson, The Four Seasons, Jimi Hendrix and Bob Marley, whose songs are covered here in these new interpretations. To hear a group from Senegal, South Africa, Benin, Ivory Coast or Japan cover a famous hit in its own style is exciting. Among the performers are Angelique Kidjo, Touré Kunda, Les Go and Fatal Mambo.

FIELDS OF GREEN

by Paul Benhaim Hemp Plastic Music

Paul Benhaim – Hemp Music Productions, Australia, 2003 (53mins)
Distributors: **Aust**—Hemp Music, tel (02) 6684 0066, website <http://www.hempmusic.com>; **UK**—Changing World Dist., tel 04158 250317; **Germany**—HemPro Intl, tel 0211 323 7922

You heard it first at NEXUS: news of the world's first hemp plastic CD project—the case, paper and didgeridoo all made from hemp! Its time has come. Paul Benhaim is one of the people in this project with eight other groups promoting hemp fibre. The CD is an Australian first and the music is a marvellous blend of harp, flute, didge, acoustic guitar and beautiful voices, produced by Paul and Tarshito (NEXUS 7/04) on Queensland's Gold Coast. Ten per cent of profits goes to charity, so this is an album worth supporting. The music is gold, too, with some superb relaxation sounds.

BUENOS HERMANOS

by Ibrahim Ferrer

World Circuit Ltd, UK, 2003 (55mins)
Distributors: **Aust**—MRA Entertainment, tel (07) 3849 6020; **UK**—World Circuit, tel (0)1689 870 622, website <http://www.worldcircuit.co.uk>

I'm sure most have seen this happy, humble and adorable man in *Buena Vista Social Club* as the front vocalist with Ry Cooder (NEXUS 5/02). The world revival of Cuban music has seen all those from *Buena Vista* move out into the international scene after decades of obscurity. Thanks, Ry! Here, Ferrer performs classic Cuban tunes mixed with some new pieces with that beautiful

Cuban chorus work and trumpets, sax, drums and piano. Ferrer is joined by Ry Cooder (guitar), Joachim Cooder and Jim Keltner (drums), Chucho Valdés (piano), Manuel Galbán (organ) and others. Wonderful, cool, Cuban dance party music.

EL SULTAAN:

CLASSICAL EGYPTIAN DANCE

by Hossam Ramzy

ARC Music Prodn, UK, 2003 (47mins)
Distributors: **UK**—ARC, tel +44 (0)1342 328567, <http://www.arcmusic.co.uk>

Belly-dancing music is great for loosening up to, and is part of the Egyptian musical tradition. Hossam Ramzy is one of the Middle East's great percussionists, having played with many of the big names in modern music (including Robert Plant and Jimmy Page for *No Quarter* in 1994). Through ARC Music he has released a number of albums dedicated to the Egyptian dance tradition, with old and new songs. This is very moving and exciting music.

OVER NINE WAVES

by Rebecca Hood

Rebecca Hood Music, 2002 (54mins)
Distributor: **Australia**—Rebecca Hood Music, tel +61 (0)7 5445 7478, websites <http://www.indie-cds.com>, <http://www.clarsach.net/>

It's rewarding to see local performers produce and promote their own CDs. Rebecca Hood lives in the hinterland of the Sunshine Coast in Queensland, Australia. She studied the metal-strung harp under Canadian Ann Heymann, a leading exponent of this premier instrument of the Gaelic peoples of Ireland and Scotland. It requires a fingernail plucking technique to produce its unique bell-like tone in the playing. After almost disappearing in the 17th century, it was revived in the 20th. Rebecca's album is world class, admirably promoting the glorious sound of this ancient instrument.

